

ABC's Of Health

Mammogram & Breast Examination



Awareness. . .

Breast cancer is the second leading cause of cancer deaths in women. Breast cancer can strike **any woman**, but some women are more likely than others to get breast cancer. You are at **greater risk** for breast cancer if you:

- Are ages **50 or over**
- **Mother or sister** had breast cancer
- **Previously** had breast cancer

Behavior

It is possible to find breast cancer **early**, when it is most successfully **treated**. Early detection of cancer can save your life. The best ways to find breast cancer early are to:

- Get a **mammogram** every year if you are over 50 years of age. Your doctor may suggest a mammogram every one to two years between ages 40-49, depending on your individual needs.*
- See your doctor or nurse for yearly **breast examinations** & check your breasts monthly.
- Call your doctor or clinic if you find any lumps, dents, changes in breast shape or skin texture, discharge from the nipple, or swollen veins in a breast.

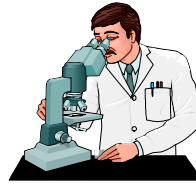
Changes

Make an appointment for a checkup if you haven't had a breast examination and mammogram in over one year.

- Mark your calendar with the date you will check your breasts each month.
- Eat more fruits, vegetables and whole grains, and less fat.
- Get 30 minutes of physical activity on most days of the week.

*For additional information about breast and cervical cancer, contact the TDH Breast and Cervical Cancer Control Program at 1-800-452-1955.

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Awareness...

Pap test

Having a Pap test can save your life. A doctor or nurse can do the Pap test in the office. The Pap test can detect **early changes** in the cervix (opening to the womb) that could develop into cancer of the cervix. The early changes do not cause symptoms and can be treated easily, usually in a doctor's office or a clinic.

Some women are more likely than others to develop cancer of the cervix. Your **risks** for cancer of the cervix may be increased if:

- You have ever had a sexually transmitted infection, especially genital warts.
- You have had more than one sexual partner or your partner has had more than one.
- You started having sex before age 18.
- You smoke cigarettes.

Behavior

- Get a Pap test **every year**. Your doctor or clinic may recommend Pap tests more or less often based on your test results and/or other risks.*
- Have sex with only one partner who also has sex with no other partners; use condoms.
- Call your doctor or clinic if you have spotting or bleeding after sex or if sex is painful.

Change

- **Make an appointment** for a check up if you have not had a Pap test in the last year.
- **Eat more fruits, vegetables and whole grains** every day.
- If you smoke cigarettes, talk to your doctor or nurse about ways to **stop smoking**.
- **Get 30 minutes of physical activity** most days of the week.

* American Cancer Society recommendation

Texas Department of Health
1100 West 49th Street
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www.tdh.state.tx.us

Bureau of Disease, Injury
and Tobacco Prevention
512-458-7534
www.tdh.state.tx.us/ppip/index.htm

